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## Articles by Consy Malasoma

### **Raise Your Mindfulness to Handle Stress.**

I have not been actively contributing to my monthly column as there has been so much turmoil and change in everyone's lives these past several months. Now when I visit my rental home in Las Vegas I notice a lot of homes are empty and the street is eerily quiet. Las Vegas had been hit hard by the mortgage meltdown but I think things will start to turn around this September. Our planet is going through a shift as well and many of my healer friends are feeling it on so many levels. After all, we are beings of energy and some of us are raising our vibrations to protect against all the negativity out there. It is manifesting through illness, depression and just a sense that something is happening. My Feng Shui background has taught me that getting "grounded" through meditation, or through a quiet time during the week can greatly reduce stress. Just to breathe more deeply at times will help.

I wanted to address some exercises that may help. I especially encourage you to eliminate your clutter in a slow, methodical way. Think about what you want to intent in your life and then write it down, very similar to writing down your goals. Keep your intentions simple and brief. Try to find some visualization CD's that will help you to relax. My favorites are: anything by Doreen Virtue on Angels, Colette Baron-Reid's CD on "Journey Through the Chakras" available through HayHouse.com. The CD "Complete Relaxation" by Denise Linn (a noted Feng Shui practitioner, author and founder of Interior Alignment) and "Meditation Moment" by Dudley Evenson and also "The Soul of Healing Affirmations" by Deepak Chopra. These types of CDs will help to still your mind and set affirmations and calm your soul. Become fussy about the people you bring into your life, the things you bring into your home and the food that you ingest. Just know that over time there will be improvements and as a society and a planet we have the ability to raise the collective consciousness through positive thoughts and affirmations. Take time out of your life to assess what you put in your surroundings. Do the items you own make you feel good about yourself? Do they inspire you to reach your goals? Do you accumulate stacks of papers, and magazines and books that you have little or no time to read? Is your closet filled to the brim with clothes that no longer fit or you no longer enjoy wearing? Do you keep clutter on your closet floor? Do you have piles of things all around your home, apartment or condo? Really take stock in what you want out of life and who you are about. Try to discriminate what you put around you. Stay focused and realize this is a golden opportunity to eliminate what no longer serves you.

Consy Malasoma is a Feng Shui practitioner, color consultant, home stager, astrologer and speaker. She shares her time between Las Vegas at **702-245-6855** and Snoqualmie, WA in the Cascade foothills at number **425-891-9018**.